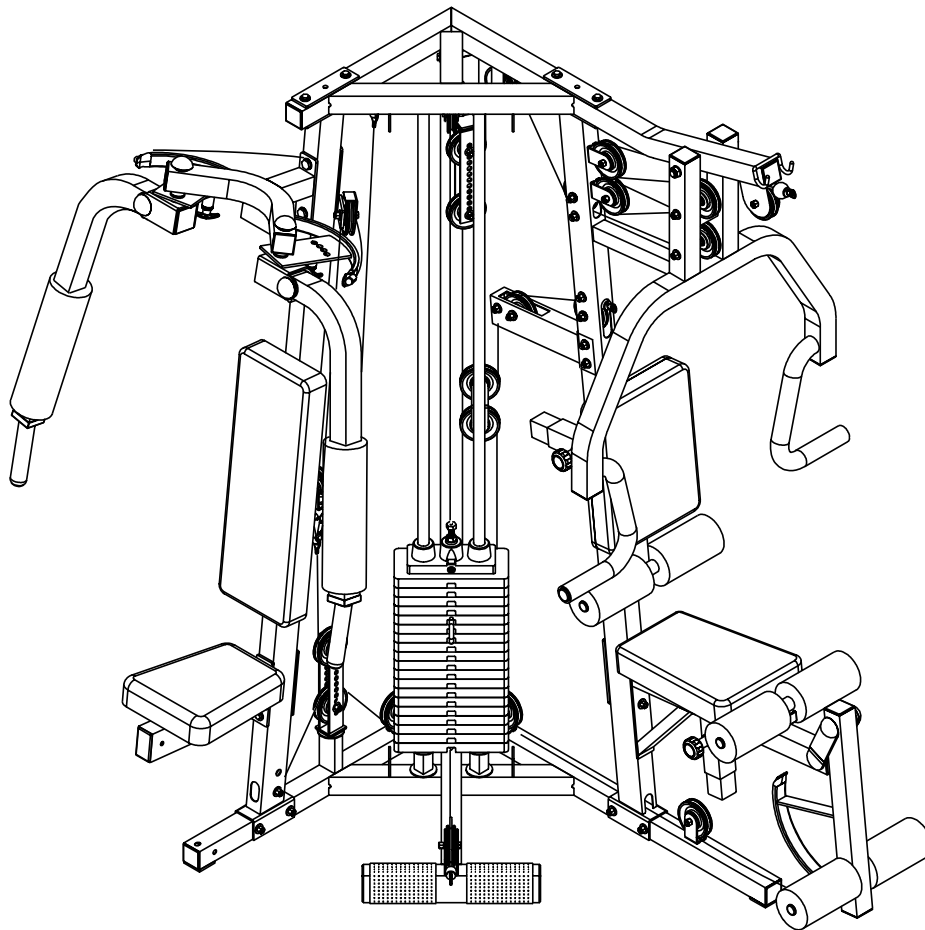




**GALENA STRENGTH TRAINING SYSTEM
INSTRUCTION MANUAL
MODEL BCG 446**



Questions?

As a quality home gym supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or RSI at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.

We stand behind our products. Every piece, every part of this BODYCRAFT strength training system is guaranteed for as long as you own it. We will repair or replace anything that goes wrong.

*Bodycraft is a division of Recreation Supply Inc.
P. O. Box 181
Sunbury, OH 43074*

BEFORE YOU BEGIN

Congratulations and thank you for selecting the **BODYCRAFT GALENA** strength training system. The **BODYCRAFT GALENA** offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **BODYCRAFT GALENA** will help you achieve the specific results you want.

For your safety and benefit, read this manual and the accompanying literature before using the BODYCRAFT GALENA. Keep this manual for future reference. If you have additional questions, please call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until 5 p.m. Eastern Time.

IMPORTANT SAFETY NOTES

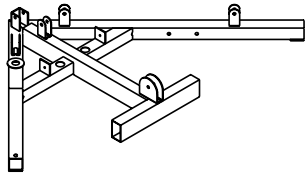
There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

1. This product must be assembled on a flat, level surface to assure its proper function.
2. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
4. Keep children away from the **BODYCRAFT GALENA** at all times.
5. Keep your hands away from cables and pulleys during operation. Keep your hands away from moving parts other than the designated handles.
6. When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.
7. Make certain all cables are seated within the pulleys before every use.
8. Exercise with care to avoid injury.
9. If unsure about the proper use of the **BODYCRAFT GALENA** strength training system call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.

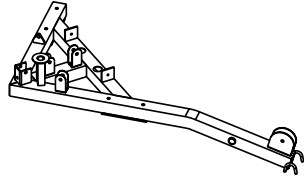
PARTS LIST

NO	DESCRIPTION	QTY	NO	DESCRIPTION	QTY
1	BASE FRAME	1	51	PRESS BACK PAD(SMALLER)	1
2	PEC DEC UPRIGHT	1	52	PRESS SEAT PAD(LARGER)	1
3	PRESS UPRIGHT	1	53	PEC DEC BACK PAD(LARGER)	1
4	CENTER UPRIGHT	1	54	PEC DEC SEAT PAD(SMALLER)	1
5	GUIDE ROD	2	55	1-1/4" HAND GRIP(LONGER)	2
6	STACK SPACER	2	56	1-1/4" X 140 MM HAND GRIP	2
7	WEIGHT PLATE	19	57	1" X 200 MM ROUND HAND GRIP	2
8	TOP PLATE	1	58	1" X 140 MM ROUND HAND GRIP	2
9	SELECTOR ROD	1	59	4" X 14" FOAM PAD	2
10	TOP FRAME	1	60	4" X 7" FOAM PAD	6
11a	AB PULLEY TUBE	1	61	SINGLE HANDLE	1
12	PEC DEC PULLEY BRACKET	1	62	ANKLE STRAP	1
13	PEC DEC SUPPORT	1	63	AB CRUNCH	1
14	ADJ. CAM	2	64	1" ID BUSHING	4
15	LEFT PEC DEC ARM BRACKET	1	65	3/4" ID BUSHING	4
16	RIGHT PEC DEC ARM BRACKET	1	66	5/8" ID BUSHING	2
17	PEC DEC ARM	2	67	1/2" ID BUSHING	2
18	PULLEY GUIDE BRACKET	2	68	3/8" ID X 10 MM BUSHING	2
19	PEC DEC SEAT BAR	1	69	3/8" ID SPACER	4
20	PRESS ARM	1	70	TOP PLATE BOLT 7/16" X 1-1/2"	1
21	SEAT FRAME	1	71	5/8" X 7-1/2" HEX HEAD BOLT	1
22	CHROME SEAT ADJUSTER	1	72	1/2" X 4" HEX HEAD BOLT	2
23	LEG EXTENSION	1	73	1/2" X 3-1/2" HEX HEAD BOLT	2
24	ROLLER BAR	3	74	1/2" X 3-1/8" HEX HEAD BOLT	1
25	CURL BAR	1	75	3/8" X 7-1/2" HEX HEAD BOLT	2
26	LAT BAR	1	76	3/8" X 4" HEX HEAD BOLT	4
27a	DOUBLE PULLEY BRACKET	1	77	3/8" X 3-3/4" HEX HEAD BOLT	4
28	SINGLE PULLEY BRACKET	1	78	3/8" X 3" HEX HEAD BOLT	10
29	ADJ PULLEY BLOCK	1	79	3/8" X 2-3/4" HEAX HEAD BOLT	3
30a	CHROME BACK ADJUSTER	1	80	3/8" X 2-1/2" HEX HEAD BOLT	4
31	60 MM SQ. END PLUG	2	81	3/8" X 2" HEX HEAD BOLT	2
32	50 MM SQ. END PLUG	11	82	3/8" X 1-3/4" HEX HEAD BOLT	22
33	50 MM SQ. END CAP	4	83	3/8" X 1" HEX HEAD BOLT	1
34	45 X 75 MM RECT. END PLUG	3	84	3/8" X 3/4" HEX HEAD BOLT	6
35	1" X 2" RECT. END PLUG	4	85	5/8" NYLON NUT	1
36	1-1/4" ROUND END PLUG	2	86	1/2" NYLON NUT	7
37	1" ROUND END PLUG	6	87	3/8" NYLON NUT	44
38	RUBBER CUSHION	2	88	5/8" WASHER	2
39	RUBBER STOPPER	1	89	1/2" WASHER	10
40	POP PIN	2	90	3/8" WASHER	66
41	KNOB	2	91	1/2" TEFLON WASHER	4
42	SELECT PIN	1	92	1/2" SPRING WASHER	2
43	CLIP	4	93	CAP FOR 1/2" NUT	8
44	LINK	1	94a	AB CABLE	1
45a	TOP CABLE	1	95	SQ. RUBBER STOP	2
46a	PEC DEC CABLE	1	96	WEIGHT STACK GUARD <i>(optional)</i>	2
47a	LINK CABLE	1	96a	5/16" HEX HEAD BOLT	4
48a	LOWER CABLE	1	96b	5/16" WASHER	4
49	PULLEY	26			
50	NONSLIP	2			

PARTS CHART



(1)



(10)



(6)



(7)



(8)



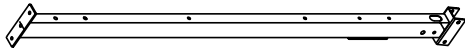
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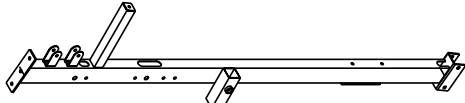
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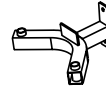
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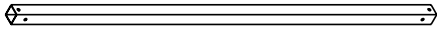
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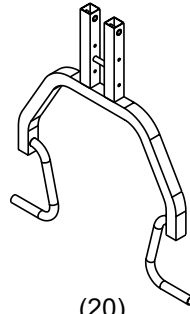
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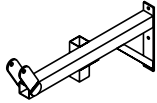
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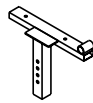
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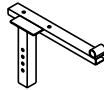
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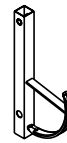
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(29)



(30a)



(23)



(11a)



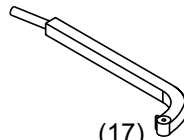
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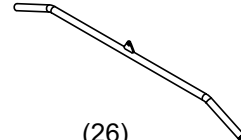
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(28)



(17)



(26)

PARTS CHART



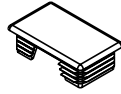
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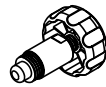
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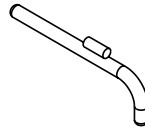
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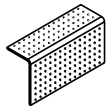
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(49)



(95)



(50)



(64)



(65)



(66)



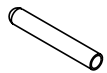
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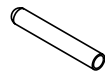
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(56)



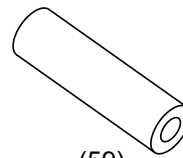
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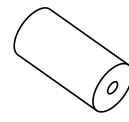
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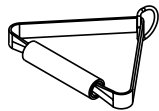
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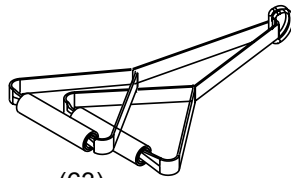
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(60)



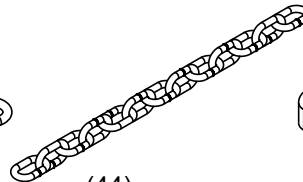
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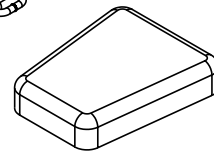
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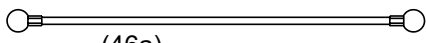
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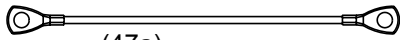
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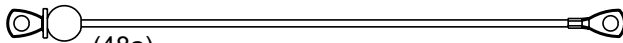
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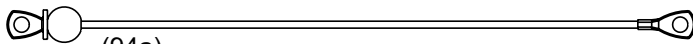
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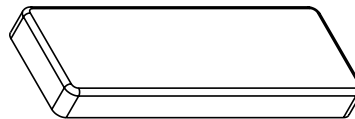
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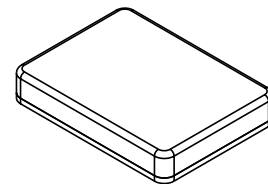
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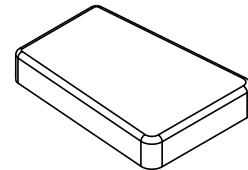
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(53)

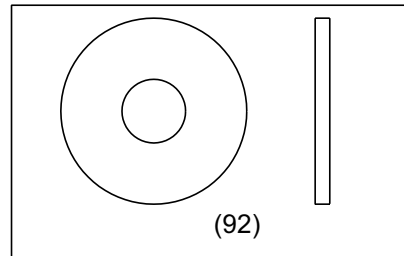
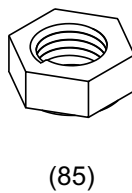
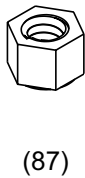
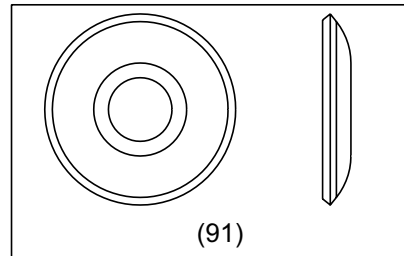
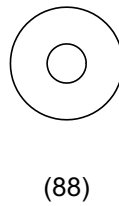
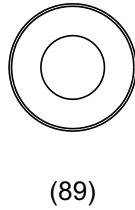
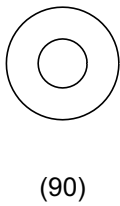
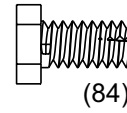
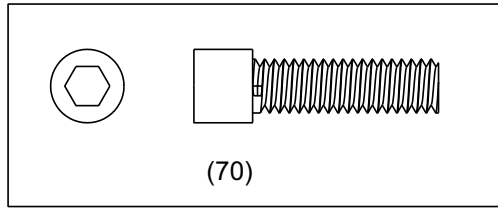
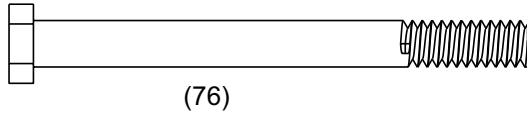
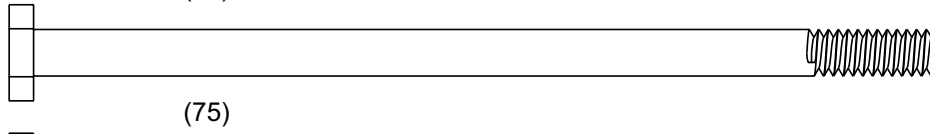
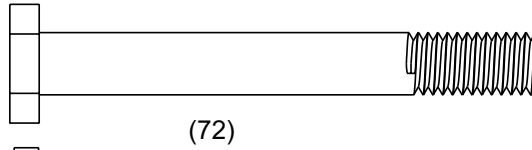
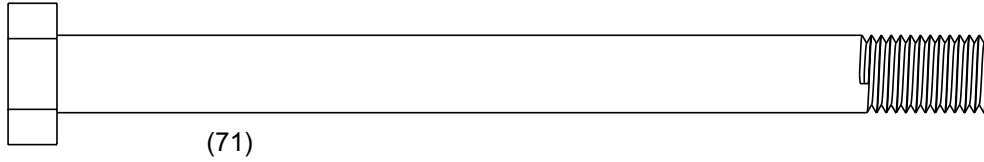


(51)



(52)

PARTS CHART



STEP 1 ASSEMBLE BASE FRAME

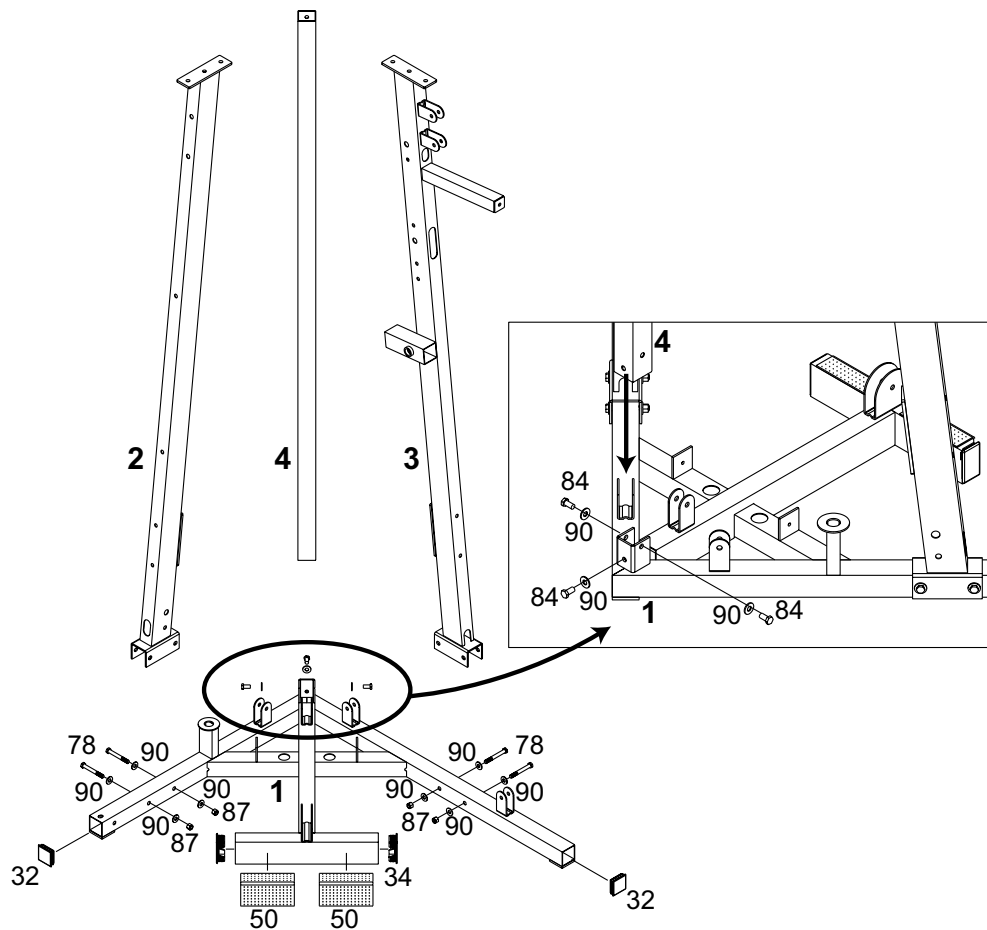
Attach PEC DEC UPRIGHT(2) to BASE FRAME(1) using two 3/8" HEX HEAD BOLT (78), four 3/8" WASHER(90) and two NYLON NUT(87).

Attach PRESS UPRIGHT(3) to BASE FRAME(1) using two 3/8" HEX HEAD BOLT(78), four 3/8"WASHER(90) and two 3/8" NYLON NUT(87).

Attach CENTER UPRIGHT(4) to BASE FRAME(1) using three 3/8" X 3/4" HEX HEAD BOLT(84) and three 3/8" WASHER(90).

□

To ease the assembly process, do not thghten bolts until instructed.



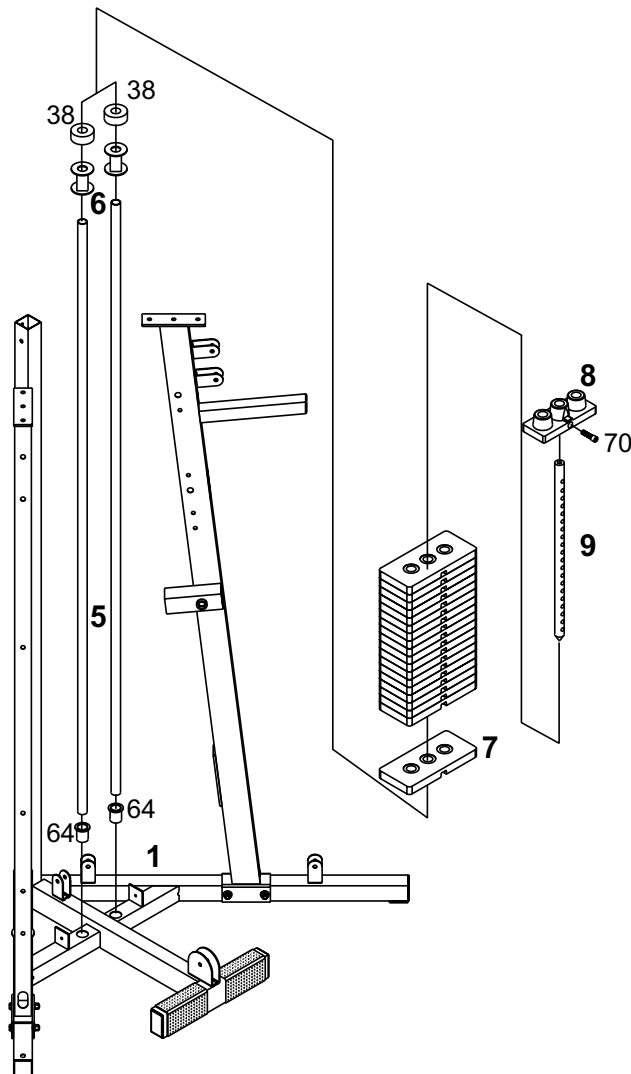
STEP 2 ASSEMBLE WEIGHT STACK

Insert 1" ID BUSHING(64) into the holes on BASE FRAME(1), insert GUIDE ROD(5) to 1" ID BUSHING(64) then slide STACK SPACER(6) and RUBBER CUSHION(38) onto GUIDE ROD(5).

Attach TOP PLATE(8) to SELECTOR ROD(9) using TOP PLATE BOLT(70).

Slide WEIGHT PLATES(7) onto GUIDE ROD(5).

Slide TOP PLATE(8) onto GUIDE ROD(5) and insert SELECTOR ROD(9) into center hole of WEIGHT PLATES(7).



STEP 3 ASSEMBLE TOP FRAME

Insert two 1" ID BUSHINGS(64) into the holes on TOP FRAME(10), then place TOP FRAME(10) down onto GUIDE RODS(5) and CENTER UPRIGHT(4).

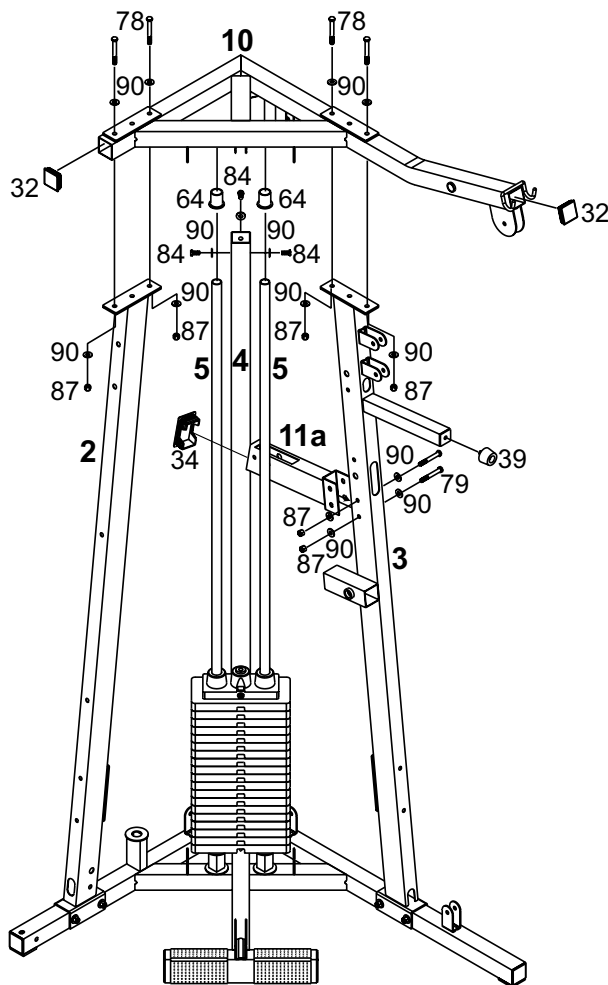
Attach TOP FRAME(10) to CENTER UPRIGHT(4) using three 3/8" X 3/4" HEX HEAD BOLTS(84) and three 3/8" WASHERS(90).

(NOTE: Do Not tighten) □

Attach PEC DEC UPRIGHT(2) and PRESS UPRIGHT(3) to TOP FRAME(10) each using two 3/8"X3" HEX HEAD BOLT(78), four 3/8" WASHER(90) and two 3/8" NYLON NUT(87). □

Please check the TOP FRAME(10) is **EVENLY** seated on CENTER UPRIGHT(4), PRESS UPRIGHT(3) and PEC DEC UPRIGHT(2) and tighten all bolts and nuts **GRADUALLY**, not individually.

Attach AB PULLEY TUBE(11a) to PRESS UPRIGHT(3) using two 3/8" x 3" HEX HEAD BOLT(78), four 3/8" WASHER(90) and two 3/8" NYLON NUT(87).



STEP 4 ASSEMBLE PEC DEC STATION

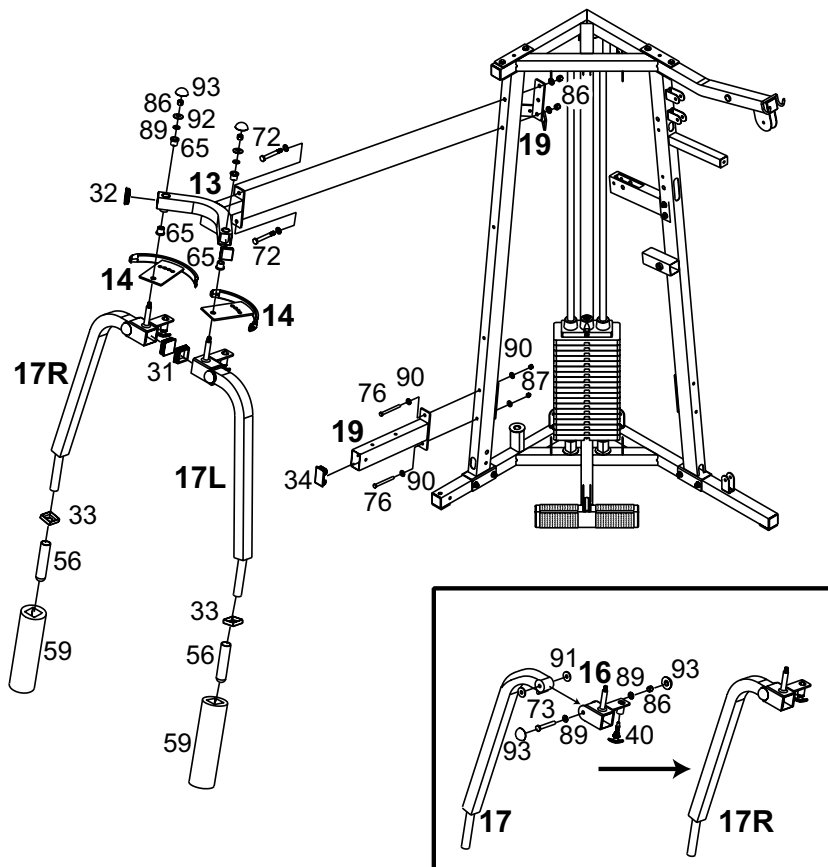
Attach PEC DEC SUPPORT(13) and PEC DEC PULLEY BRACKET(12) to PEC DEC UPRIGHT(2) using two 1/2" X 4" HEX HEAD BOLT(72) and two 1/2" NYLON NUT(86). Insert four 3/4" BUSHINGS(65) into PEC DEC SUPPORT(13).

Slide ADJ. CAM(14) onto the axle of RIGHT PEC DEC ARM BRACKET(16). Then thread the axle of RIGHT PEC DEC ARM BRACKET(16) through the hole on PEC DEC SUPPORT(13) and attach using 1/2" WASHER(89), 1/2" SPRING WASHER(92) and 1/2" NYLON NUT(86).

Tighten NYLON NUT(86) and back off approximately 1/2 turn so that arm moves freely. Repeat the same process to LEFT PEC DEC SET(17L).

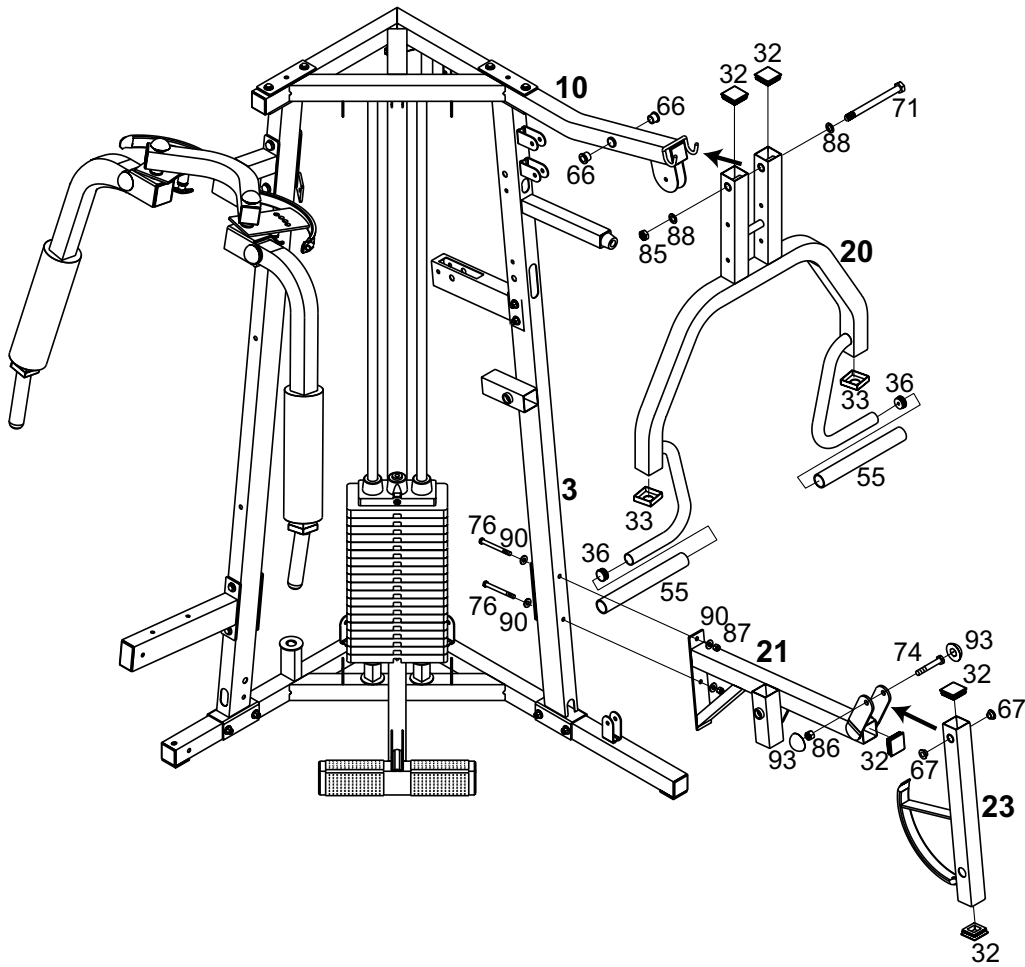
Be certain the two ADJ. CAMS(14) are evenly seated on PEC DEC SUPPORT(13) and two PEC DEC ARMS(17) are **WORKING SMOOTHLY** before tighten with 1/2" WASHER(89), 1/2" SPRING WASHER(92) and 1/2" NYLON NUT(86).

Attach PEC DEC SEAT BAR(19) and CONNECTOR PLATE(11) to PEC DEC UPRIGHT (2) using two 3/8" X 4" HEX HEAD BOLT(76), four 3/8" WASHER(90) and two 3/8" NYLON NUT(87).



STEP 5 ASSEMBLE PRESS STATION

Insert two 5/8" ID BUSHINGS(66) into TOP FRAME(10).
Attach PRESS ARM(20) to TOP FRAME(10) using 5/8" X 7-1/2" HEX HEAD BOLT(71), two 5/8" WASHER(88) and 5/8" NYLON NUT(85).
Attach PRESS SEAT FRAME(21) to PRESS UPRIGHT(3) using two 3/8" X 4" HEX HEAD BOLT(76), four 3/8" WASHER(90) and two 3/8" NYLON NUT(87).
Attach LEG EXTENSION(23) to PRESS SEAT FRAME(21) using 1/2" X 3-1/8" HEX HEAD BOLT(74), two 1/2" WASHER(89) and 1/2" NYLON NUT(86), then cap 1/2" bolt and nut with CAP FOR 1/2" NUT(93).

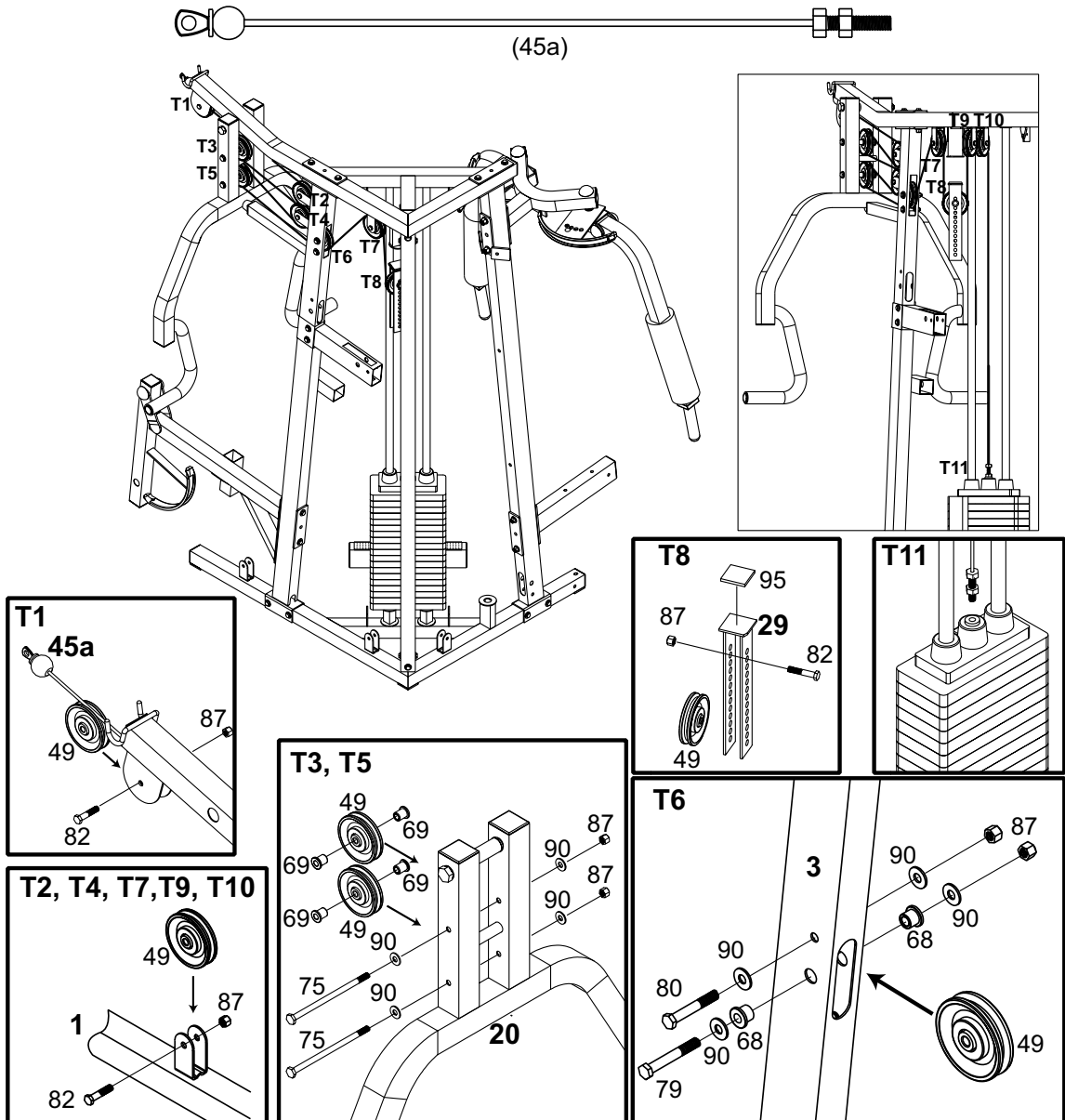


STEP 6 INSTALL TOP CABLE

Assemble cables and pulleys simultaneously.

Insert threaded end of TOP CABLE(45a) into slot in front of TOP FRAME(10), over pulley T1, around pulley T2, T3, T4, T5, down to pulley T6, around pulley T7, down to pulley T8, over pulley T9, T10 and screw into SELECTOR ROD(9).

Attach pulley T6 to PRESS UPRIGHT(3) using one 3/8" X 2-3/4" HEX HEAD BOLT (79), two 3/8" WASHERS(90) and two 3/8" ID X 10mm BUSHINGS(68).



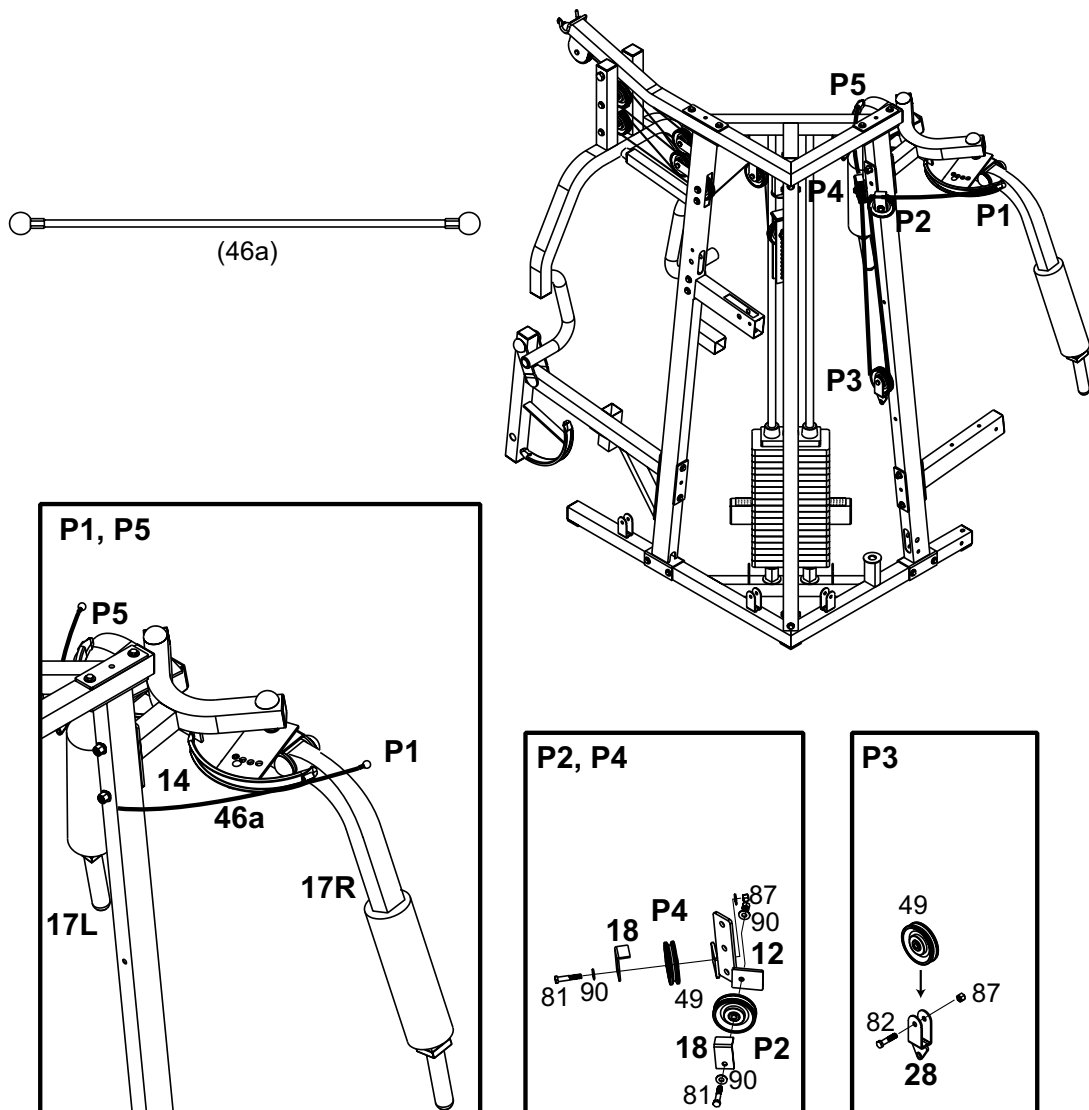
STEP 7 INSTALL PEC DEC CABLE

Loosely attach pulley P2 and P4 and CABLE GUIDE(18) to PEC DEC PULLEY BRACKET(12).

Insert one end of PEC DEC CABLE(46a) into receiver on right ADJ CAM(14) as shown and route cable over pulley, behind PEC DEC UPRIGHT(2), over pulley and insert opposite end into receive on left ADJ CAM(14).

Place pulley P3 over the PEC DEC CABLE(46a) and attach SINGLE PULLEY BRACKET(28) as shown and let it dangle behind PEC DEC UPRIGHT(2).

Tighten bolts. Make certain the CABLE GUIDE(18) do not rub on the cable throughout the entire range of motion.

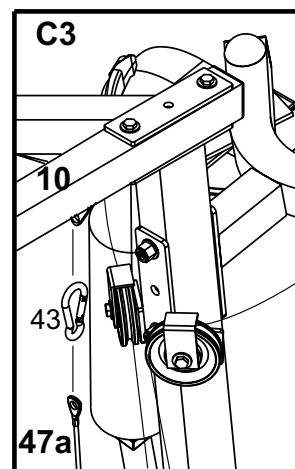
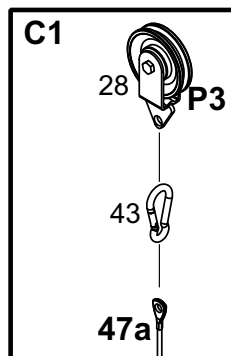
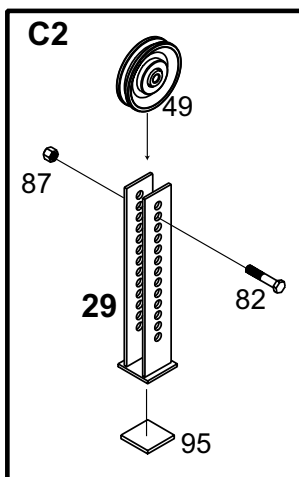
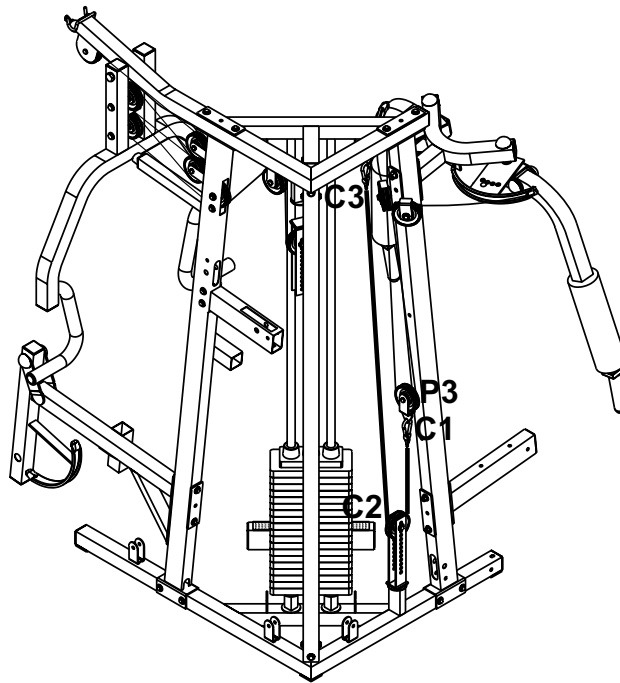
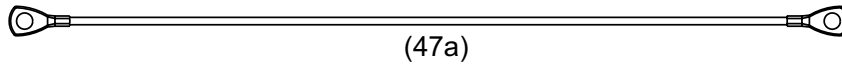


STEP 8 INSTALL LINK CABLE

Insert one eyelet end under P3 and hook on the eyelet end on SINGLE PULLEY BRACKET(28).

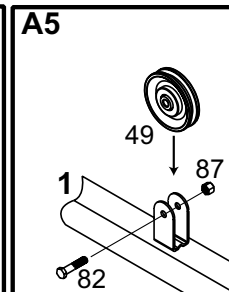
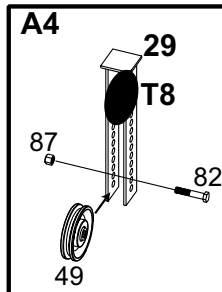
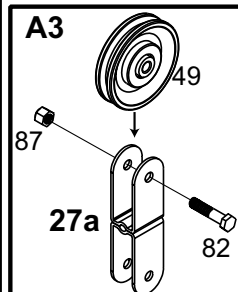
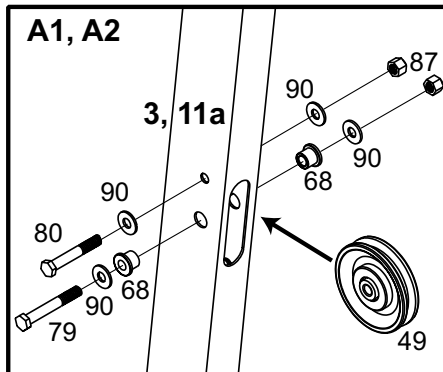
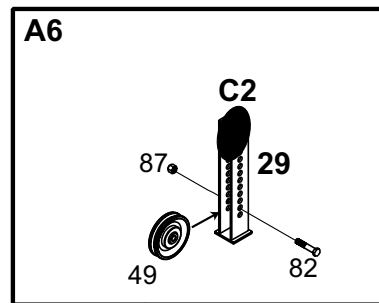
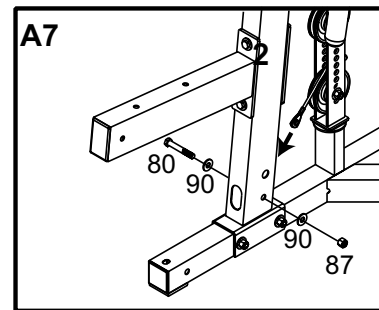
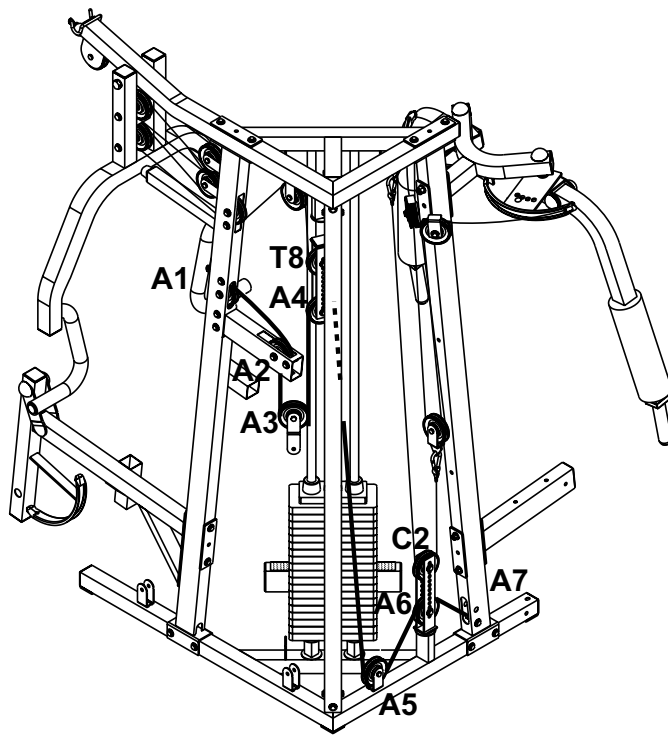
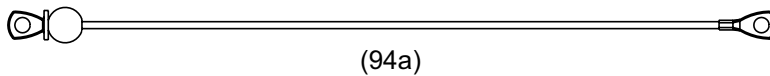
Route cable under and around pulley C2.

Hook the opposite eyelet end on triangle plate(welded on TOP FRAME(10)).



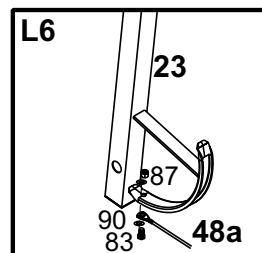
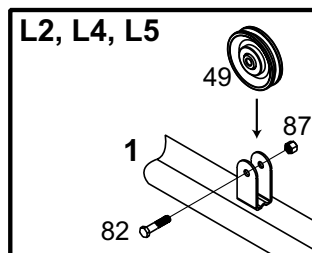
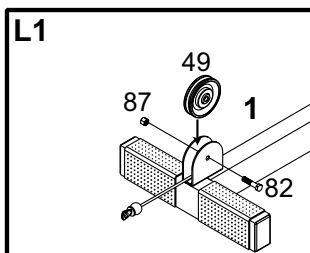
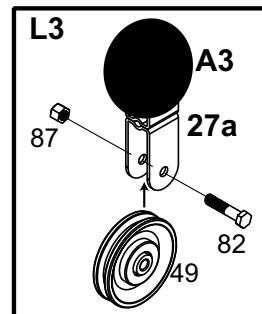
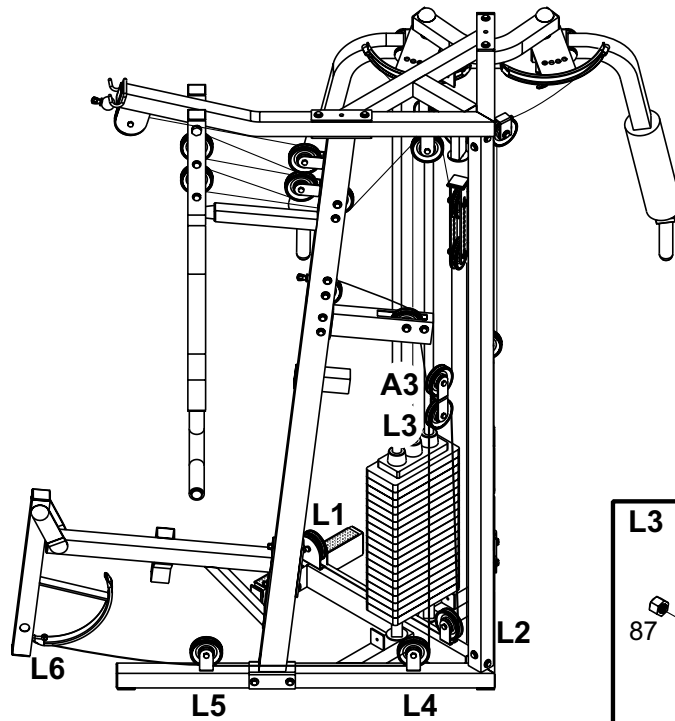
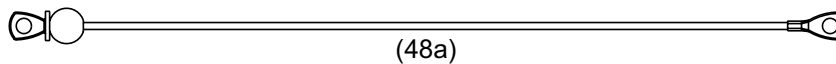
STEP 9 INSTALL AB CABLE

Insert eyelet end of AB CABLE(94a) into slot in front of PRESS UPRIGHT(3), over pulley A1, A2 down and around pulley A3 up and around pulley A4 down and around pulley A5 up and around A6, then insert the eyelet end into the slot of PEC DEC UPRIGHT(2) and fixed using 3/8" x 2-1/2" HEX HEAD BOLT(80), two 3/8" WASHER(90) and 3/8" NYLON NUT(87).

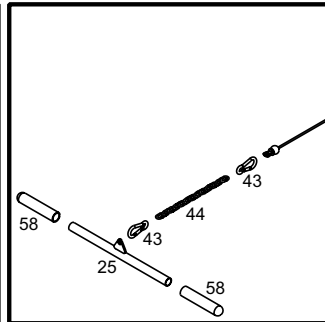
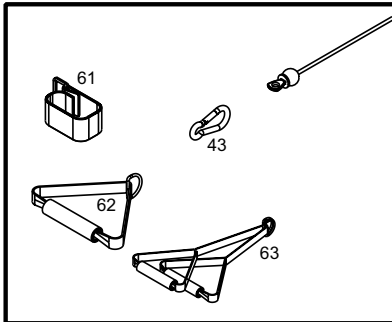
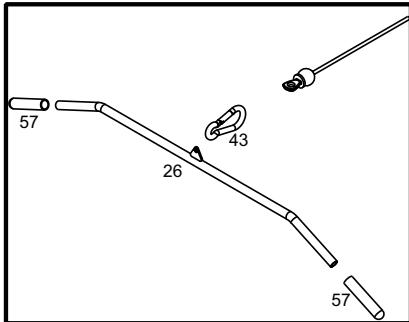
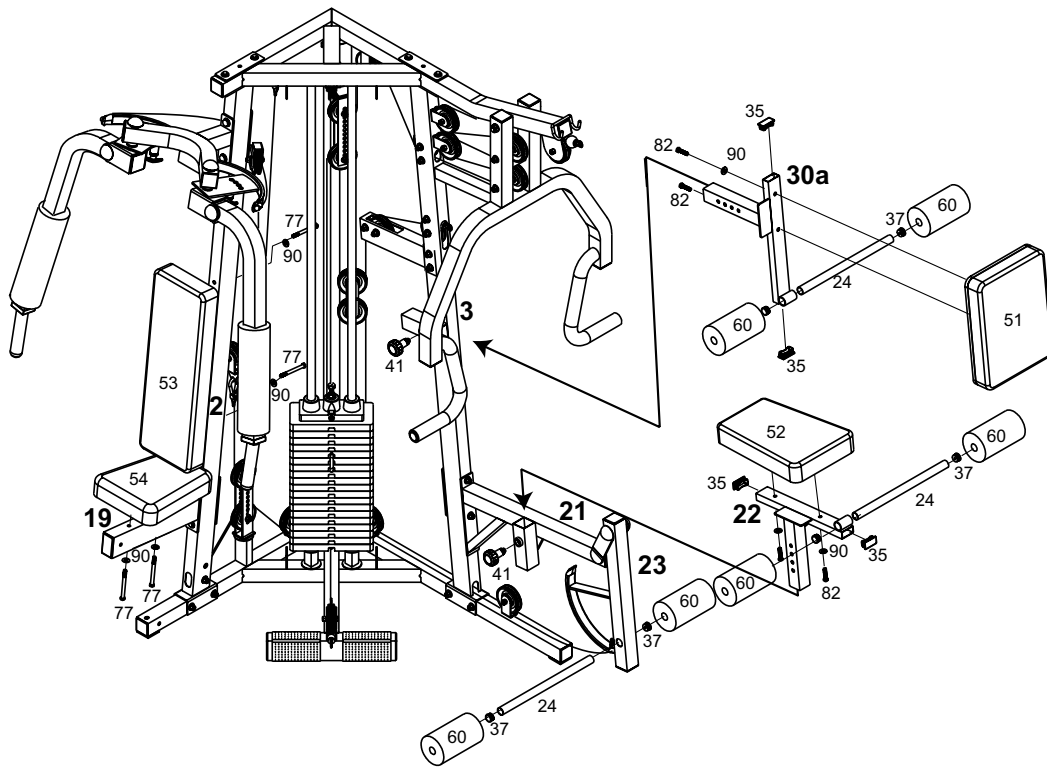


STEP 10 INSTALL LOWER CABLE

Insert eyelet end of LOWER CABLE(48a) through the "U" shape bracket of foot rest in front of BASE FRAME(1) and route cable under pulley L1, L2, up and around pulley L3, down and around pulley L4, under pulley L5 then attach the eyelet end under the cam of LEG EXTENSION using 3/8" x 1" HEX HEAD BOLT(83) and 3/8" NYLON NUT(87).

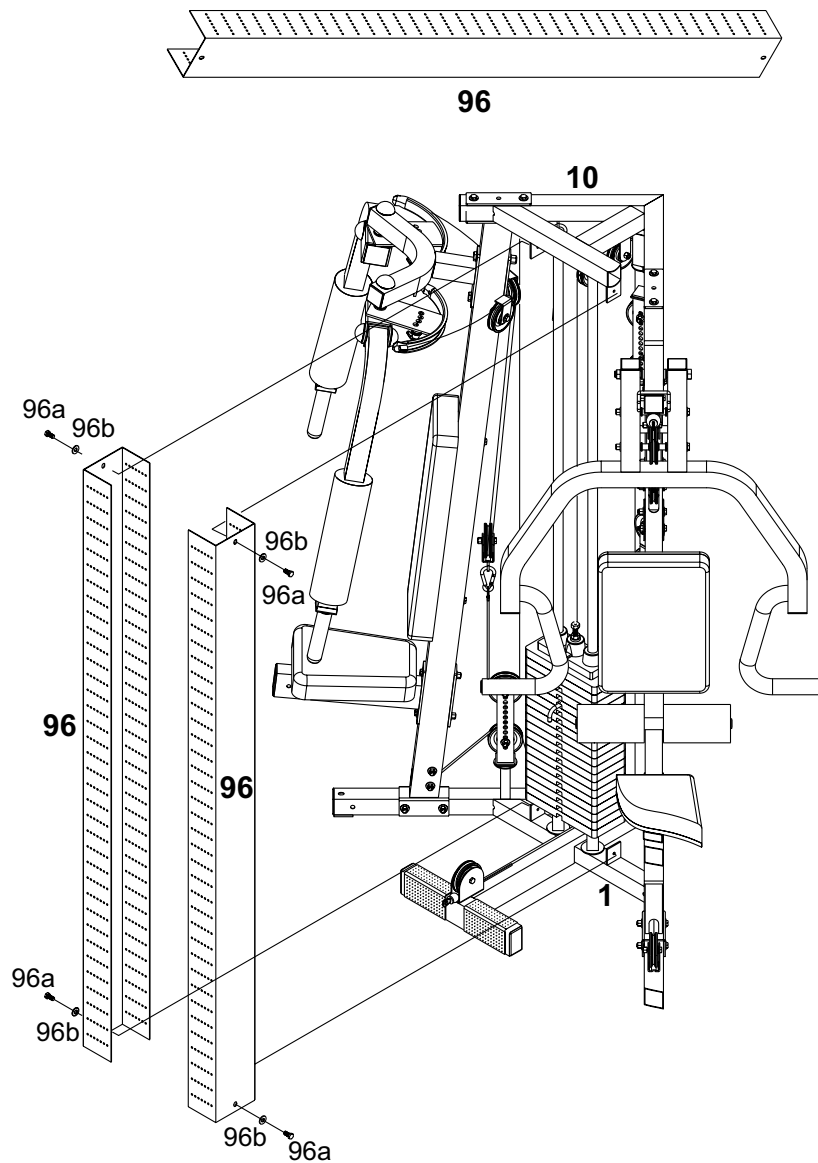


STEP 11 INSTALL ACCESSORIES



STEP 12 INSTALL WEIGHT STACK GUARDS(optional)

Attach WEIGHT STACK GUARD(96) to BASE FRAME(1) and TOP FRAME(10) using 5/16" HEX HEAD BOLT(96a) and 5/16" WASHER(96b).



Assembly is complete! Please take the following steps before using the gym:

1. Make certain all bolts are tightened securely.
2. Make certain all cables are seated into all pulley grooves. A cable rubbing against steel will peel the nylon coating, voiding warranty and resulting in a need for replacement.
3. Pre-stretch the cables. Put the Weight Selector Pin(42) in the bottom hole on the weight stack. Pull on the cables with great force, helping remove any kinks and providing any initial cable stretch.
4. Be aware the cables can loosen and slightly stretch upon initial use.
5. The cables should be adjusted as tight as possible, but no so tight as to lift the Top Plate(8) above the weight stack. Be certain to secure the jam nuts after adjustments are made.
6. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the **Guide Rods(5)**.
7. Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the Bodycraft Galena Home Gym. If You have any questions, please call your local BodyCraft dealer or call our customer service department at 800-990-5556.